

FOR IMMEDIATE RELEASE
September 4, 2018

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Howard Co. Issues a Heat Advisory for Tuesday, September 4, 2018

Temperatures and humidity will bring the heat index value to nearly 105 degrees.

Columbia, MD – Dr. Maura Rossman, Howard County Health Officer, has issued a Heat Advisory for Howard County for Tuesday, September 4, 2018 from 12:00 p.m. until 7:00 p.m. These conditions may pose danger for some residents, especially those with other significant health concerns. The public should take the following precautions to prevent heat-related illness:

- NEVER leave children or pets unattended in a parked car or other hot environment.
- If you must be out in the heat wear light-colored, light-weight, loose-fitting clothing, a hat and sunscreen.
- Stay hydrated. Drink water and caffeine-free liquids. Alcoholic beverages **do not** keep you hydrated.
- Stay out of the sun during the hours of 10:00a.m. and 3:00p.m.
- Take frequent rest breaks in air conditioned or shaded environments.
- Check on elderly friends, family and neighbors. Be aware of the symptoms of heat related illness: extreme weakness, muscle cramps, nausea, headache, possible vomiting or fainting, dry red skin.
- Citizens should call 911 if they encounter a heat related emergency.

Howard County residents in need of a cooler environment should visit Howard County's 50+ Centers, or Howard County Library branches during normal hours. For information about area Howard County 50+ Centers visit Howard County Government website at www.howardcountymd.gov. For Howard County Library System locations and hours of operation visit: www.hclibrary.org.

For more detailed information, visit the Howard County Health Department website at www.hchealth.org.

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